Nutri-Man and Vita-Woman

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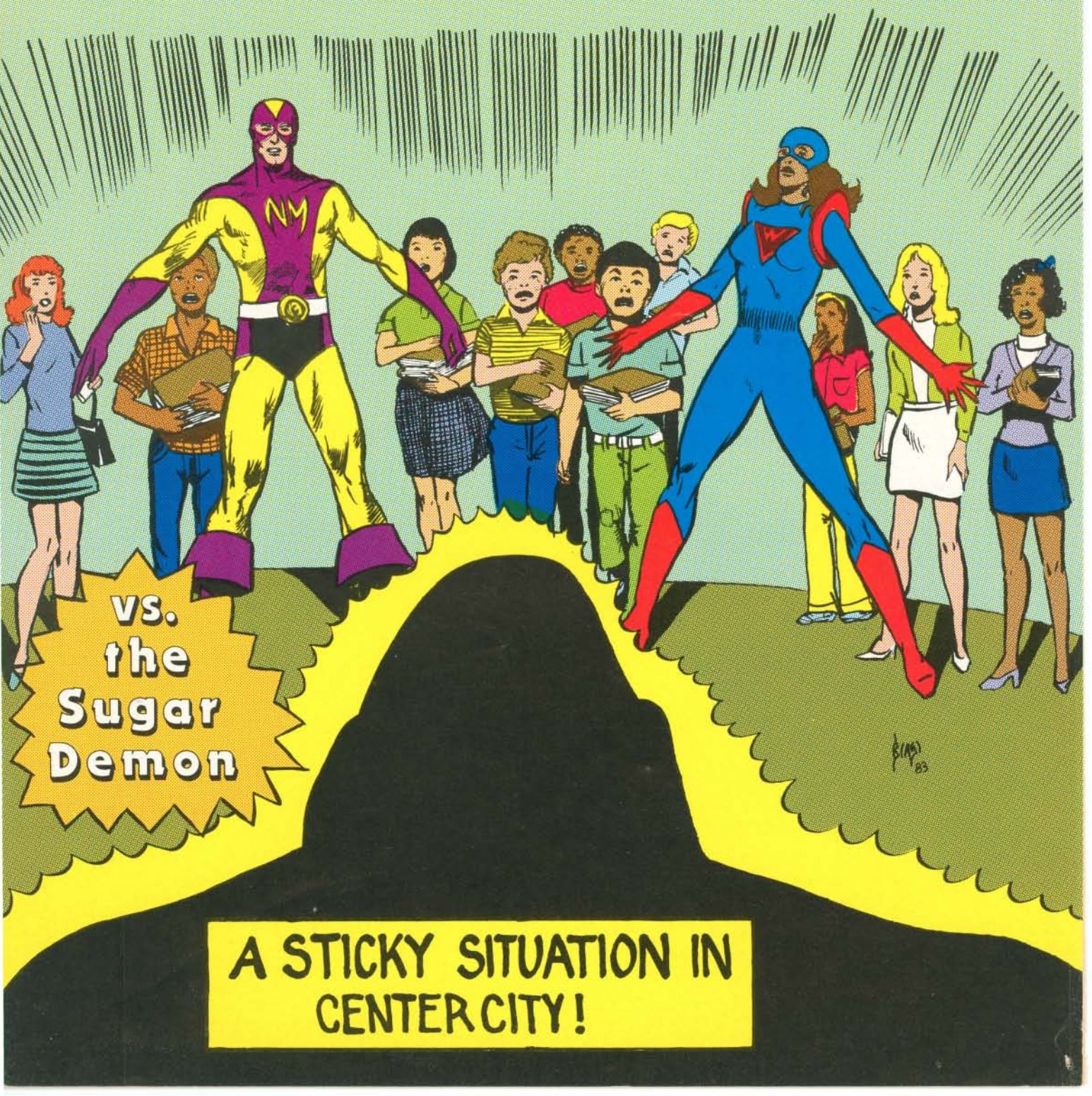
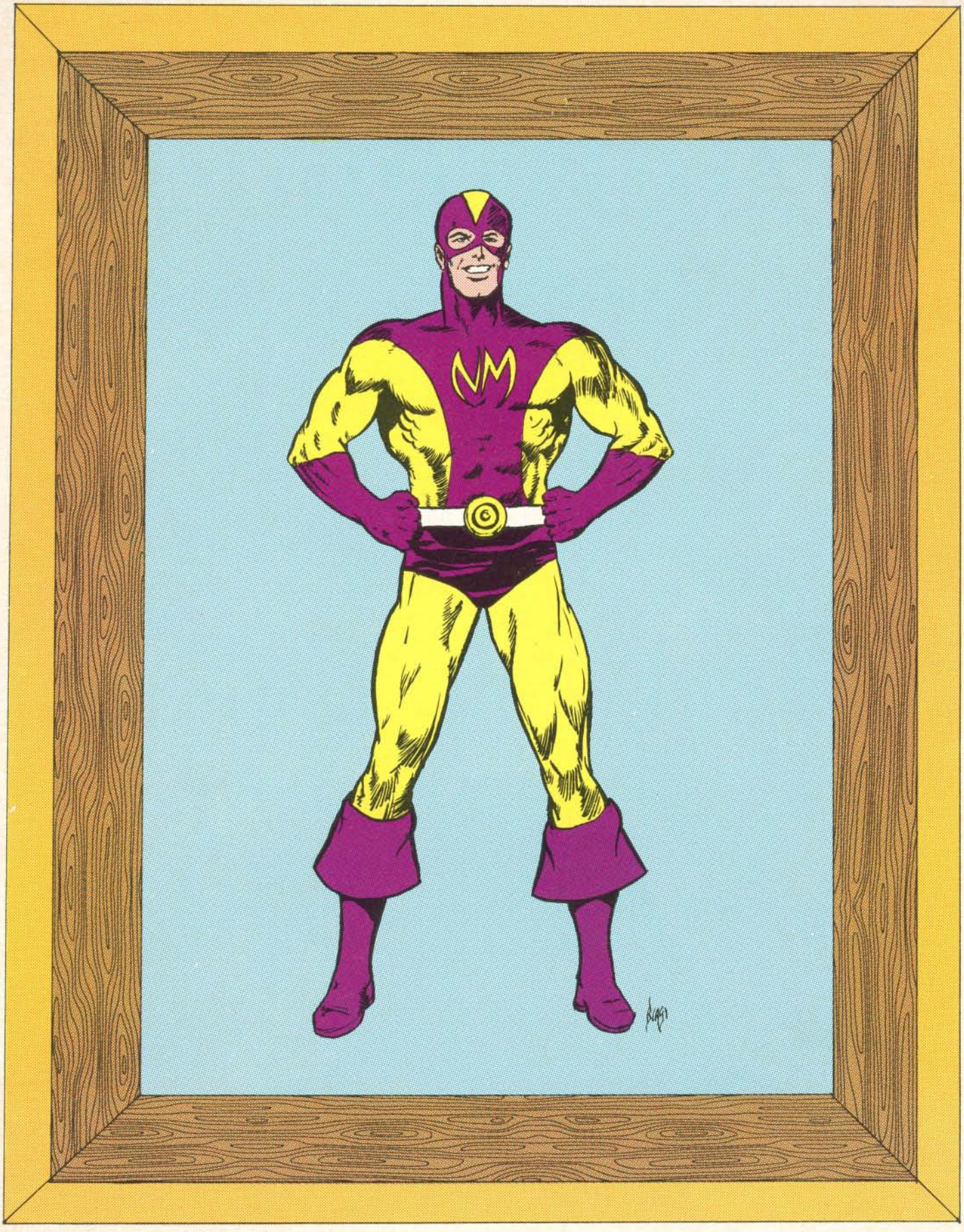
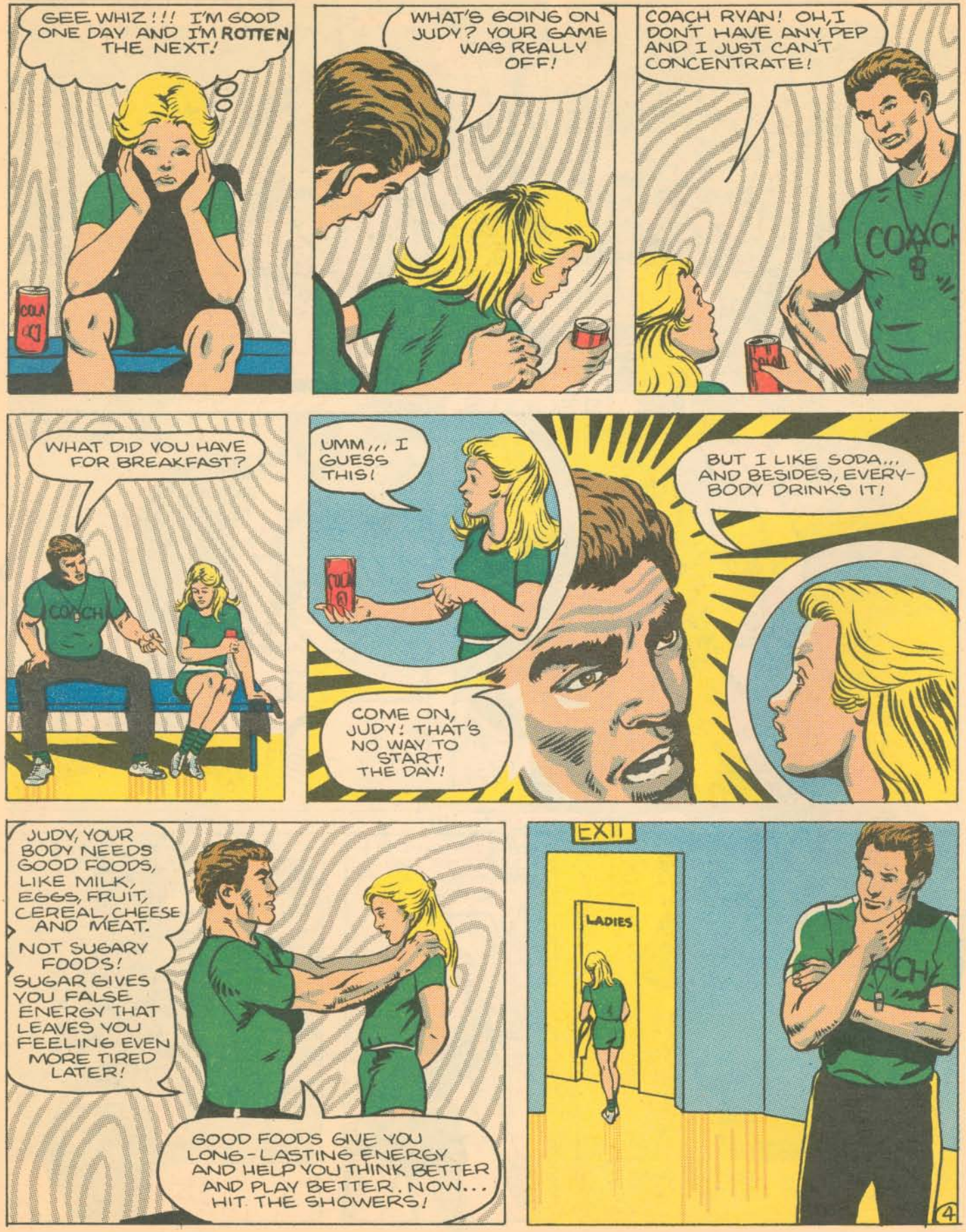




WHILE THE TEACHERS AND STUDENTS AT CENTER CITY MIDDLE SCHOOL GO ABOUT THEIR BUSINESS, A DARK, THREATENING SHAPE LOOMS OVERHEAD!
1

COME ON JUDY!
BLOCK HER!
COME ON JUDY!

I CAN'T BREAK AWAY!
SOMEBODY COVER HER!
WHAT'S THE MATTER WITH YOU? DIDN'T YOU SEE ME?
YEAH, I SAW YOU! I JUST CAN'T DO ANYTHING RIGHT TODAY!
YOU'D BETTER DO SOMETHING, OR YOU WON'T BE PLAYING BASKETBALL!
3


GEE WHIZ!!! I'M GOOD ONE DAY AND I'M ROTTEN THE NEXT!
WHAT'S GOING ON JUDY? YOUR GAME WAS REALLY OFF!
COACH RYAN! OH, I DON'T HAVE ANY PEP AND I JUST CAN'T CONCENTRATE!
WHAT DID YOU HAVE FOR BREAKFAST?
UMM,,, I GUESS THIS!
BUT I LIKE SODA,,, AND BESIDES, EVERY-BODY DRINKS IT!
COME ON, JUDY! THAT'S NO WAY TO START THE DAY!
JUDY, YOUR BODY NEEDS GOOD FOODS, LIKE MILK, EGGS, FRUIT, CEREAL, CHEESE AND MEAT.
NOT SUGARY FOODS! SUGAR GIVES YOU FALSE ENERGY THAT LEAVES YOU FEELING EVEN MORE TIRED LATER!
GOOD FOODS GIVE YOU LONG-LASTING ENERGY AND HELP YOU THINK BETTER AND PLAY BETTER. NOW... HIT THE SHOWERS!
EXIT
LADIES
4

EXIT
EXIT
DID YOU DO YOUR MATH HOMEWORK LAST NIGHT?
NO! I DIDN'T FEEL GOOD! I WENT TO SLEEP EARLY!
DID YOU SEE THE NURSE?
YEAH, SHE SAID I'M NOT SICK! SHE WANTED TO KNOW WHAT I HAD FOR DINNER!
DINNER? WHAT'S THAT GOT TO DO WITH IT?
BEATS ME! BESIDES, I WASN'T HUNGRY LAST NIGHT AND DIDN'T FEEL LIKE EATING.
WANT SOME CANDY?
THIS IS GETTING SERIOUS! I THINK I'LL TALK TO THE NURSE!
5

SCHOOL NURSE
SEE, MS. PEREZ, CAN'T YOU EXCUSE ME FROM P.E.? I DON'T FEEL UP TO IT TODAY!
HMMM. SORRY, I CAN'T DO IT! YOU'RE NOT SICK! MAYBE NEXT TIME YOU WON'T EAT DOUGHNUTS INSTEAD OF YOUR LUNCH!
MS. PEREZ, DO YOU HAVE A MINUTE?
COACH RYAN! WHY YES, OF COURSE!
THERE ARE A LOT OF SICK KIDS IN SCHOOL! IS SOMETHING GOING AROUND?
WELL I DON'T UNDERSTAND IT! THE KIDS ARE NT SICK! THEY'RE TIRED, AND CAN'T CONCENTRATE!
AND, THE GIRLS ON MY BASKETBALL TEAM ARE MAKING A LOT OF MISTAKES! THERE'S GOT TO BE A REASON WHY THE KIDS ARE LIKE THIS!
WHAT COULD IT BE?
I'VE GOT A HUNCH, BUT I'VE GOT TO FIND OUT FOR SURE!
I'LL DO EVERYTHING I CAN, TOO!
6

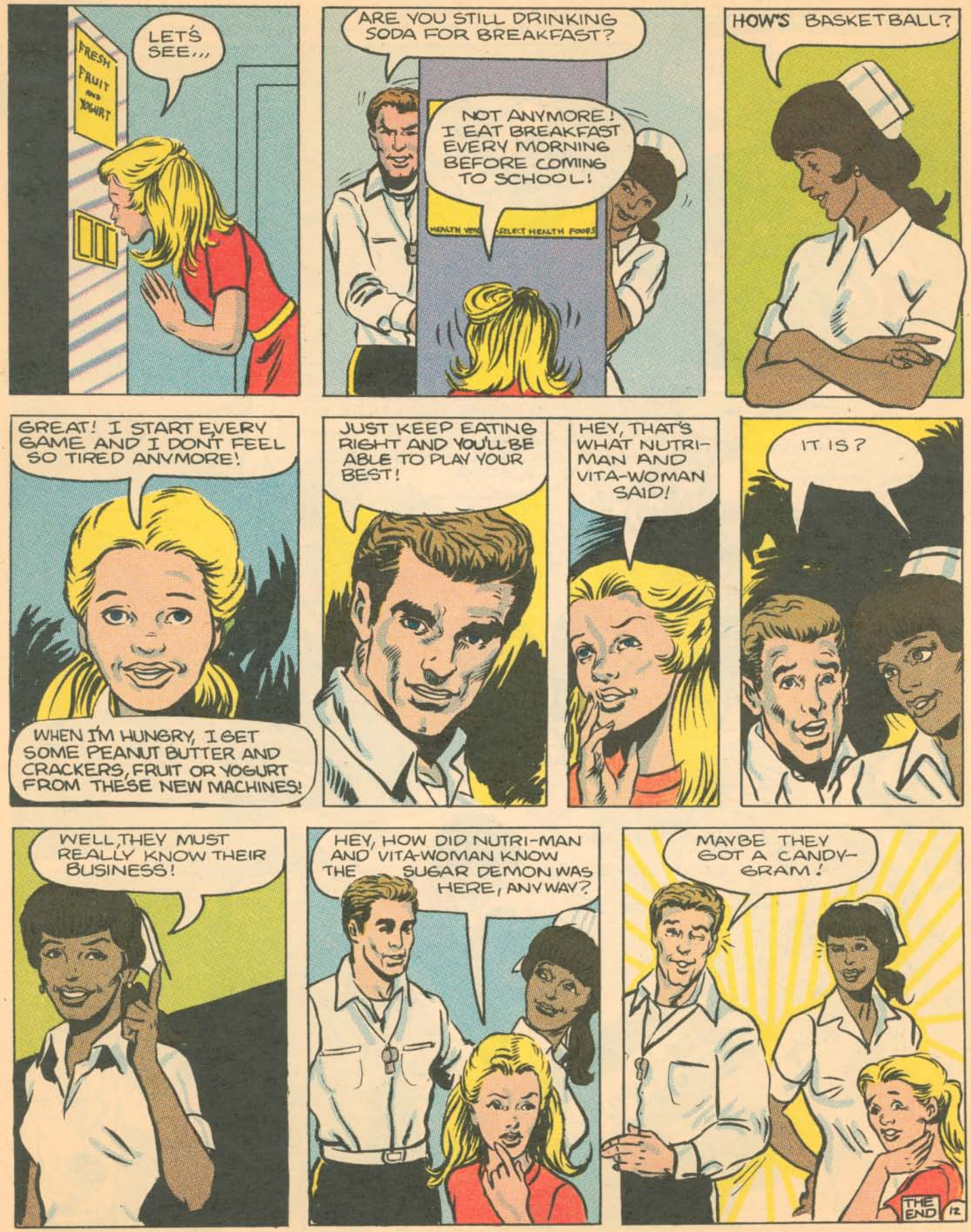
MEANWHILE, IN THE CAFETERIA...
CANDY
IT WON'T BE MUCH LONGER NOW, AND THIS SCHOOL WILL BE MINE! AHHH, THE SWEET SMELL OF SUCCESS!
ALL I NEED IS SOME SUGAR FOR ENERGY. AND NO ONE WILL STOP ME!
I THINK IT'S TIME THAT NUTRI-MAN CHECKED THINGS OUT!
THESE KIDS NEED HELP...
VITA-WOMAN MAY BE ABLE TO LOCATE THE PROBLEM!
7

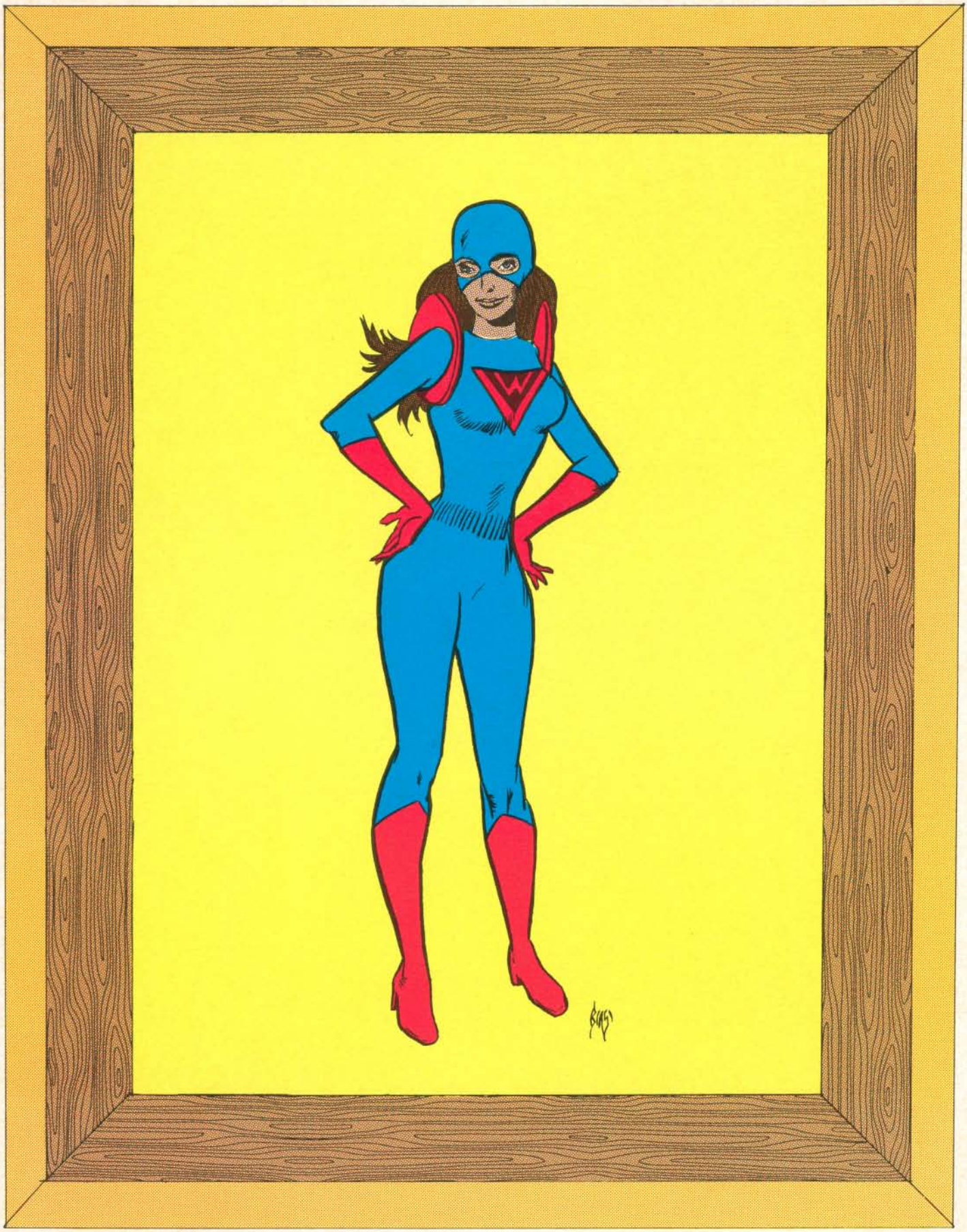
WHO ARE YOU?
THE BEST FRIEND YOU'LL EVER HAVE, MY LITTLE SUGAR PLUM!
WHAT D'YA WANT?
HERE SWEETIE, EAT THESE! YOU LOOK TIRED! THESE WILL WAKE YOU UP AND YOU'LL FEEL ALIVE!
HEY, THIS CANDY IS GOOD, AND I DON'T FEEL SO TIRED!
SEE, WOULD I LIE TO YOU? EAT YOUR FILL, MY LITTLE GUM-DROPS, IT'S JUST WHAT YOU NEED!
FOLLOW ME... THERE'S MORE WHERE THAT CAME FROM! A FEW MORE SUGAR SNACKS AND SOON YOU'LL BE STRONG LIKE ME!
8

SO, IT'S YOU, SUGAR DEMON! YOU'RE THE REASON THESE KIDS ARE FILLING UP ON SUGARY JUNK INSTEAD OF EATING GOOD FOOD!
NDY
THE JIG IS UP, YOU GOOEY GLOB! YOU'VE SEEN YOUR LAST HOT FUDGE SUNDAE!
BAM
NUTRI-MAN! VITA-WOMAN!
STAY AWAY, YOU CREAM PUFFS!
CREAM PUFF? I DON'T THINK WE SHOULD STAND FOR THAT--
WHAT DO YOU THINK, NUTRI-MAN?
ZAP
I AGREE, VITA-WOMAN!
UGGGG! YOU'LL PAY FOR THAT, YOU NUTRI-WEIRDO!
KAPOW
9

YOU CAN'T STOP ME, YOU HEALTH FREAKS!
YOU CAN'T WIN, SUGAR DEMON! THE ENERGY YOU GET FROM SUGAR ONLY LASTS A SHORT TIME!
NICE TRY, YOU STICKY MESS! BECAUSE OF YOUR SUGARY JUNK, THESE KIDS HAVE FALSE ENERGY! IT'S TIME YOU GOT A TASTE OF YOUR OWN MEDICINE!
ARRGH!
SUGAR DEMON IS GETTING WEAKER!
HE CAN'T GET UP!
QUICK! GIVE ME ANOTHER CANDY BAR! I NEED MY STRENGTH! PLEASE!!!
IF SUGARY FOODS DO THAT TO YOU, WHO NEEDS THEM?
THAT'S RIGHT! SUGAR GIVES SUGAR DEMON ENERGY, BUT ONLY FOR A LITTLE WHILE!
I'LL TAKE A CHEESE SANDWICH ANY DAY!
GET 'EM, VITA-WOMAN!
10

REVENGE IS SWEET... AS LONG AS THERE'S CANDY AND SODA, I'LL BE BACK!
YOUR SUGAR-PUSHING DAYS ARE OVER, SUGAR DEMON!
NOW THAT YOU KNOW WHAT THE SUGAR DEMON'S UP TO, YOU CAN'T BE TRICKED ANYMORE!
THAT'S RIGHT! WHEN YOU'RE HUNGRY, HAVE SOME FRUIT, NUTS OR A SANDWICH. AND DRINK MILK OR JUICE INSTEAD OF SODA.
NOW THERE'S ONLY ONE THING LEFT TO DO...
CRACK
SUGAR DEMON, I REALLY THINK IT'S TIME YOU LOST SOME WEIGHT!
THE NEXT DAY...
HEY, ARE YOU FEELING O.K. TODAY?
A LOT BETTER! I FINISHED ALL MY HOMEWORK!
YEAH, THIS GOOD-EATING STUFF REALLY WORKS!
YOGURT
MILK


LET'S SEE...
FRESH FRUIT AND YOGURT
ARE YOU STILL DRINKING SODA FOR BREAKFAST?
NOT ANYMORE! I EAT BREAKFAST EVERY MORNING BEFORE COMING TO SCHOOL!
HEALTH VEND
SELECT HEALTH FOODS
HOW'S BASKETBALL?
GREAT! I START EVERY GAME AND I DON'T FEEL SO TIRED ANYMORE!
WHEN I'M HUNGRY, I GET SOME PEANUT BUTTER AND CRACKERS, FRUIT OR YOGURT FROM THESE NEW MACHINES!
JUST KEEP EATING RIGHT AND YOU'LL BE ABLE TO PLAY YOUR BEST!
HEY, THAT'S WHAT NUTRI-MAN AND VITA-WOMAN SAID!
IT IS?
WELL, THEY MUST REALLY KNOW THEIR BUSINESS!
HEY, HOW DID NUTRI-MAN AND VITA-WOMAN KNOW THE SUGAR DEMON WAS HERE, ANYWAY?
MAYBE THEY GOT A CANDY-GRAM!
THE END
12



State of New York
Mario M. Cuomo, Governor

N.Y.S. Department of Health
David Axelrod, M.D., Commissioner

Health Education Promotion Services Group

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